



# Monksdown Mail

Where Children Come First

Designated Safeguarding Leads :



Mrs Russell and  
Mrs Stewart  
Deputy-Mrs Price

Friday 7th March

Dear Families of Monksdown,

On Thursday, we celebrated World Book Day. The children, as always looked FANTASTIC (so thank you parents for fully embracing the day as you always do!).

The children took part in activities linked to a chosen book throughout the day. Our wonderful Children Subject Leads also popped on the tannoy system periodically to demand we D.E.A.R (Drop Everything And Read). It was wonderful to see all our children enthralled in reading their books and sharing their favourite stories with each other.

I want to leave you with one final thought related to books—and they do say a picture speaks a thousand words...



Kindest

Mrs Price

Regards



School X/Twitter QR Code

<b>Nursery</b> @Monksnursery24	<b>Reception</b> @Receptionmonksd	<b>Year 1</b> @Year1Monksdown
<b>Year 2</b> @Year2Monksdown	<b>Year 3</b> @Year3Monksdown	<b>Year 4</b> @Year4Monksdown
<b>Year 5</b> @Y5Monksdown	<b>Year 6</b> @Year6Monksdown1	<b>Learning Council</b> @MonksdownLC

## Our Stars! ★

Nursery	Penny McStein
R1	Adelina Ungureanu
R2	Dhruvh Ramkannan
R3	Miriam Mucha
1.1	Shireen Ahmed
1.2	Moayad Albukhari
1.3	Jack Worthington
2.1	Divisha K
2.2	Layla Song
2.3	Lily McRoberts
3.1	Jocelyn Salisbury
3.2	Leah Lynch
3.3	Harlow Hughes
4.1	Florentyna Krys
4.2	Mason Collins
4.3	Mera Benesa
5.1	Luna Orme
5.2	Elliott Nicholls
5.3	Elisa Robas
6.1	Armin
6.2	Josie Smith
6.3	Malik Adebayo

## Important Dates

### Science Week

10th-14th March

### Year 1 Liverpool Landmarks

#### Tour Trip

- 1.1 Friday 21st March
- 1.2 Wednesday 19th March
- 1.3 Tuesday 18th March

### Parents Evenings

Wednesday 2nd April  
Thursday 3rd April



## World Book Day

Here are some of our wonderful pupils and adults dressed as their favourite characters on World Book Day











## Online Safety Newsletter

# RESPECTING OTHERS ONLINE: DIGITAL KINDNESS AND ANTI-CYBERBULLYING



### Welcome

Welcome to our first Online Safety Newsletter.

This fortnightly newsletter will include helpful information, advice and tips for parents and educators, focusing on different themes of online safety to ensure that everyone knows how to keep children safe online.

### Teaching Digital Kindness Resources

Scan these QR codes to find resources to help you understand cyberbullying and help to teach your child about its dangers and encourage them to be kind online:

**MGL Online Safety Hub:** Advice and guides for online safety.



**Parentkind:** Online safety toolkit for parents to protect children.

### Activity

Design a poster about how to be kind online for your school's corridors, classrooms or your home.

### Understanding Cyberbullying

Cyberbullying is a growing concern, affecting children of all ages and young children are becoming increasingly exposed to the risks.

It is important to recognise the signs that your child may be experiencing cyberbullying:

- Changes in behaviour – Becoming withdrawn, or upset after using their phone or computer.
- Avoiding social interactions – Reluctant to go to school.
- Secretive online behaviour – Are they hiding their screens or not talking about their online activities?

### Approaching Digital Kindness

Here are some tips to teach your child digital kindness when they're online:

- Before posting or responding online, encourage your child to pause and think:
  - Would I say this in person?
- Is what I am saying...?
  - True?
  - Helpful?
  - Kind?
- Show your child how to be respectful online by modelling positive behaviour in your own posts, comments, and messages.



## Eat Them to Defeat Them

**CALLING Parents and Carers**

**EAT THEM TO DEFEAT THEM**  
encourages kids to eat more veg.  
It is award-winning and proven to  
make eating vegetables more fun.  
Last year 77% of parents said their  
child ate more vegetables.

**STARTS 10TH MARCH**

**HOW IT WORKS**  
**SCHOOLS**  
The programme starts  
in schools on the 10th  
March with veg lessons  
and tasting events

**STICKERS**  
Look out for your  
child coming  
home with a  
sticker when they  
try veg at school

**FAMILIES**  
Your school will send  
home a reward chart  
to help you turn that  
behaviour into  
lasting habits.

**EAT THEM TO DEFEAT THEM**  
**YOUR MISSION PACK**  
101

Children will have come home from school with an 'Eat them to Defeat them' pack containing stickers and a chart. Over the coming weeks we will be encouraging children to increase their vegetable intake in the hopes of defeating the vegetables

# Lunch Menu



## Lunch Menu Week 3



w/c 10th March	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Broccoli and Cheddar	Roasted Pepper	Chinese Sweetcorn
HOT MAINS	Quorn Mince Cottage Pie	Jewel's Chicken Karahi with wholegrain Rice	Chef Daniel's Beef and Bean Quesadillas	Beef Stifado with wholegrain Rice	Fish Fingers or Tandoori Salmon  with Chips and Garden Peas
	Broccoli and Cream Cheese Pasta Bake	Spanish Omelette with salad	Vegetable and Lentil Stew	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	Veggie Sausage Roll
CHEF SPECIAL	Ask Chef about todays special!				
DESSERT	Fresh Fruit Salad	Apple Flapjacks	Sponge Cake topped with Jam and whipped Cream	Shortbread Biscuits	Cheese and Crackers



Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements.  
All menus are checked by a nutritionist and adhere to School Food Standards.

Vegetarian  
 Vegan  
 Oily fish

## Snacks and Drinks

Children in KS2 (Years 3—6) may bring a **HEALTHY** snack to eat at break time .This should not include crisps, sweets or chocolate.

Some suggestions:

- Fresh Fruit or Dried Fruit
- Low Sugar cereal bars that are not chocolate coated
- Crackers
- Vegetable sticks



We encourage children to drink water in school. If your child cannot drink water then a sugar free juice may be brought into school. Energy drinks such as Prime and Lucozade

## Wrap up warm

During the winter months it is really important that the children bring a coat to school . We try to get outdoors as much as possible and embrace the colder temperatures.

Please make sure that hats and gloves have names and class numbers indicated on them.



## Online Payments

Dinners can now be paid for via School Money online.

If you have not received your log in details please contact the school office where we will be happy to help.

## Road Safety

If your child rides their bike or scooter to school, please talk to them about road safety and being very careful on their journey. Helmets should be worn for protection at all times.

## Library Times

The library is open for children and parents on the following days

Monday—Nursery and Reception

Tuesday Year 1 and Year 2

Wednesday Years 3-6



**SENISS Helpline: 07591837693**

If your child has special educational needs and you are wanting to know more on how to support their learning at home then please ring for professional advice, support or practical strategies.

Monday: 1pm – 4pm, Wednesday:

9am – 4pm, Friday: 9am – 12pm

Alternatively, you can email your concern to [seniss@liverpool.gov.uk](mailto:seniss@liverpool.gov.uk)

**Educational Psychology Service****Helpline: 0151 233 5978**

If you are concerned about your child's emotional wellbeing or managing their behaviour then please ring for professional advice, support or practical strategies.

Monday to Friday: 9am – 4.30pm

Alternatively, you can email your concern to

**ASD Training Team:****07522800193/07515501854**

Advice and strategies for families of children and young people with autism or social communication needs.

Monday to Friday: 9am – 12pm

Alternatively, you can email your concern to

[ASDtrainingteam@liverpool.gov.uk](mailto:ASDtrainingteam@liverpool.gov.uk)

**Children's Occupational Therapy Service**

For general enquiries please email [chat@liverpool.gov.uk](mailto:chat@liverpool.gov.uk)

**Liverpool Sensory Service**

For general enquiries

[sensoryservice@liverpool.gov.uk](mailto:sensoryservice@liverpool.gov.uk)

**Speech and Language Support**

Parents can contact the speech and language service on 0151 295 3990, and gain advice directly from a speech and language therapist. The child does not have to have a referral open. everyone is able to access this